

KINESIOLOGY "THE CURRENT STATE OF THE ART" A HISTORICAL EXCURSUS SEARCH

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ABSTRACT

The kinesiology was born in the 60s in America through the work of George Goodheart (1918 - 2008). He worked mainly on the structure and on the muscles and began his study using muscle testing to determine the effectiveness of its treatments, examining a number of muscles before and after a re-alignment of the spine. The purpose was to receive information if and how much had been effective manipulation carried out by him for the trouble taken in treatment. Attavverso this study, however, noticed that people shortly after the rebalancing ritornavano to have pain and muscle stiffening, just as from the initial situation, therefore, the work was repeated altogether and began to make other attempts, acts to find more stable solutions, then more lasting in time. He realized that by stimulating specific reflex in certain areas of the body obtained a reinforcement of muscles located in parts of the body away from the reflection stimulated and that this was much more effective than applications made on the muscle itself. In addition, he found that these points were part of a larger group of reflex points (known as Chapman's reflexes and reflections neurolymphatic) that had been identified Frank Chapman, and that helped to improve the lymphatic system.

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Muscle Testing

The muscle testing is to take a short (2 seconds), but the constant and firm pressure in the direction of the excursion of a muscle, while the customer tries to maintain the position. However one does not evaluate the strength of the muscle contemporary but as its resistance is controlled by the central nervous system. A change in tone from strong to weak or weak to strong can provide the operator with information on the general state of the person or if there is something specific on which to focus attention. As already mentioned, the muscle test does not indicate the true strength of muscle but a neurological response of the central nervous system in which it highlights the muscle's ability to receive and retain energy without interruption. You can make an example to clarify the concept in the following way: If you receive good news, a promotion at work you will live emotions that tend to exultation, our person has taken positive energy, our central nervous system is aligned to our nature. If however you receive bad news, you will live conflicting emotions and our person; our nervous systems are not able at that time to regroup. If you would test a muscle immediately after the two conditions you will notice the difference between the two a strong muscle in the first situation and a weak muscle in the second. The important thing is knowing what to do muscle testing does not mean do kinesiology: you would like to specify this because many in the industry use of natural muscle testing only as a tool to unearth simple factors such as an integrator or highlight 'flower essence or clarify whether certain foods are positive or not for the person. This process means that you use muscle testing, but it does not mean that you do kinesiology. What distinguishes a kinesiologist is the use of a very precise procedure organized and structured that through muscle testing leads the rebalancing of the customer in depth until highlighting of blocks not resolved, clarified that allow the release of energies required for the improvement and well-being. Do kinesiology is a complex navigate between the experiences of the person in order to reorganize it and allow it to fully express their potential.

How does a rebalancing

A rebalancing of kinesiology is a delicate and subtle come into play where it mixes communication, muscle testing and application of the techniques. At the first contact with the customer is an investigation to try to understand the reason why she came, which was uncomfortable at that time, his history, his way of life. The next step is to look for a goal, dialogue, or "what will you do when you no longer have the symptom", "in what limits that problem", a simple example can be: a person with back pain What will you do when you do not have more pain? A person will respond "bend it easily," well, then the goal will be "I can be more flexible." At this point the balance will be geared towards helping the person to be more flexible and when it will become definitely not will have more back problems. It follows that the goal you want to achieve is very important because the various sessions of kinesiology are solution-oriented and aims at the development of the resources of the subject and not just passively take in pain. E 'really important for the improvement of the welfare direct their energy towards the achievement of a desire, "their dream." Then, using muscle testing as a means of investigation, verification and

anchor will apply the techniques of rebalancing as explained above are many and of different nature. It follows that to boost the effectiveness of the technique is essential to merge it with a targeted communication that goes to help the person to grow, ampliandogli your own map of the world and giving them the opportunity to see things in a with different resources and positive solution of choices. The duration of the rebalance is about a 45 min. hour and the number of meetings it is difficult to know beforehand, the frequency can vary from appointments close together at the beginning about a month in the process of improving.

Kinesiology in the world

Following the discovery of Goodhearth and developments of John Thie with the touch for health interest in kinesiology was great, arose as the first courses for instructors who subsequently spread the TFH worldwide. Today kinesiology muscle testing and use have come a long way, were born many schools with different philosophies and different orientations. Beyond the Touch for Health kinesiology techniques that puts insiema in communication techniques, we can find the Three in One is that kinesiology focuses more on the emotional sphere, the PKP (Professional Kinesiology Practitioner), which is an in-depth of the Touch For Health, Educating the Alternatives kinesiology solution oriented, the Wellness Kinesiology, NOT (Technique of neurological organization), the brayn Gym addressed in a particular way towards learning, hyperton x is an approach of kinesiology towards the imbalances of hypertonic muscles. Unfortunately, with the pain of all the friends of kinesiology, over the past year have failed the true masters: John Thie, August 3, 2005, Gordon Stokes (founder of the Three In One) August 13, 2006 Goodhearth and George (the father kinesiology) March 5, 2008. Currently the control of all the activity in the world, of all the courses of all instructors, all schools are under the International College of kinesiology which is based in Australia (IKC). The current President dell'IKC is the Italian Maurizio Piva. In Italy, specialized kinesiology is represented dall'AKSI (Italian Association of Specialized Kinesiology) that referisce and protection even at government level.

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